

July 2019

Town of Braintree Department of Elder Affair

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after July 1st at 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding



ENJOY LUNCH ON A TRAIN ON THE CAPE COD RAILROAD

***Date: August 21, 2019 Depart: 71 Cleveland Ave @ 8:45
AM***

Arrive to Hyannis @ 10:00 AM Board train 10:30 to 10:50 AM

Arrive back to Elder Affairs by 4:00

Cost: \$70.00

- **All Cape Cod Luncheon Meals Include** Cape Cod Central seafood chowder, coffee and tea with chef's choice of dessert

* U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of notice provided to the Department of Elder Affairs at least 30 days prior by calling 781-848-1963 **Braintree Residents Only**

Sharmila's Corner

Greetings Everyone,

Hope this newsletter finds you well, as you marvel at the sights and sounds of the summer months. While basking in the warmth of the sun and enjoying the outside, please remember to take care of yourself. Make sure to drink lots of water. Children and older adults are very susceptible to dehydration. Do not over stress yourself in the heat. If you love walking or like to do yard work, on very hot days, please make sure you do it on hours before 10 AM or later after 2 or 3 PM. Wear light colored and loose fitting clothing to keep you comfortable and cool. In case of a heat wave, if your house, during the day, becomes unbearably hot, please come to the Center. We have air conditioned rooms where you can cool down, feel comfortable and enjoy the activities and the programs.

We recently celebrated our Volunteer Recognition Day. It was a beautiful day, the food was good, the entertainment fantastic. Mayor Sullivan, along with our Councilors, Senators and many of our Town Departments and our Board members joined us to congratulate our Volunteers. Our Photography class members took some beautiful pictures, to preserve the memory of that wonderful event. Once again, a big thank you, to our invaluable Volunteers.

As I thank our great troop of Volunteers, I cannot help reflect on the wonderful staff of Elder Affairs. Everyone begins their day with a mission to achieve and each of them try to reach their goal with sincerity, loyalty and dedication. Thank you Mary Howland and Nancy Walsh in Outreach and Debbie Coraine, our Friendly Visitor. You make sure that older adults who are home bound, live alone and are frail, do receive information and services that can help them live independently. Terry Jarrett and Janet Crowley, thank you for managing the front desk, you are at the front line of our very busy Center. Michelle Birolini, not even here a year, but easily getting into the flow. She did a great job at our Volunteer Recognition. Frank DeFrancesco, Ed Delgiacoco, what would we have done without them? With the help of a few of our Volunteers, from morning till late afternoon, they drive our seniors to different medical appointments and twice a week, a group is driven to the local grocery stores. Many are driven here to the Senior Center, so they can participate in the activities and programs we offer daily. Our Van Drivers help to keep people, who live alone and are homebound, happy, healthy and independent. Thanks to Kim Chan, our Coordinator for the Asian Outreach group. Her communication and her outreach skills have helped this group grow in leaps and bounds. Elsa Buccini, our Financial Clerk, not only does she help to keep our accounts in order, but she is always available and ready to help whenever and wherever there is a need. Last but not least, Bill Murphy, our Building Custodian. Thank you for keeping our premises clean and safe and constantly setting up our rooms for different activities all through the day. It is not always easy. So, to the wonderful crew, of Braintree Elder Affairs, thank you, for your dedication. With the help of our Volunteers we come to a full circle and we are complete. *I wish you a safe summer! Sharmila.*



Special Activities and Meetings: See our calendar for a complete list of activities

2nd & 4th Monday	Bereavement Support Group	2:00 PM
3rd Wednesday	Bingo—	1:00 PM
Monday July 1, 15, 29	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
July 3	No Bingo	
July 4	Closed Happy 4th of July	
July 10	Lobster Roll Cruise	10:30
July 15	Ice Cream Social, Hosted by Grove Manor	1:00PM
July 25	Youth Leadership Trip with the Sherriff's Department	12:00 PM
July 29	Luncheon	
July 30	Alzheimers Support meeting	5:00PM
July 31	New Movie-The Upside	12:00

RECYCLING

Braintree Recycling Office Article

Under recently revised MA D.E.P. rules for recycling, an item no longer accepted is shredded paper. The reason being that shredded paper is always in some type of bag and, when opened at the recycling processing plant, the material flies around the room and equipment, resulting in the plant not being able to recycle it. Bags of shredded paper now need to go in the trash.

To offer Braintree residents an alternative, the Town is instituting a service wherein shredded paper can be dropped off. The new service will be available as of May 1st at the Town's Recycling Center, 257 Ivory Street during regular hours: Mon, Tue, Thur, Fri & Sat (7am-3PM). Closed: Wed, Sun & holidays. Residents can simply hand their bag(s) to an attendant who will empty them into the special carts (limit of two 15 gallon bags per visit). Please do not place shredded paper in any other container at the site.

Rosemary Nolan
781-794-8060



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, July	Independence Housing	10:30-11:30
Wed, July	Department of Elder Affairs	12:15-1:00
Tuesday, July	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday , July 2 Roche Bros
Wednesday, July 3 Shaw's
Thursday, July 4 Closed/NO Shopping
Tuesday , July 9 Shaw's
Thursday , July 11 Stop & Shop
Tuesday , July 16 Stop & Shop
Thursday , July 18 Shaw's
Tuesday , July 23 Roche Bros
Thursday, July 25 Stop & Shop
Tuesday, July 30 Shaw's
Special Shopping Trip: Friday , July 12, Target and Barnes & Noble

Monthly Movie

Date: July 31
Time: 12:00

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.



Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;
please call for an appointment
- **Ask the lawyer:** free consultations;
please call for an appointment
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**



From the Chairman

From The Chairman of the Board Hank Joyce

As I sit here and write this article, it is raining again and my pool is almost filled. Some good days and some bad days that seems to be the weather pattern over the last few months. Let's hope we start to get better weather.

The Bruins finished the season last night by losing to the Saint Louis Blues for the Stanley Cup but it was a very good year for them. The Red Sox are playing mediocre baseball right now but should get better as the season goes on and the weather gets warmer.

The Father's Day Brunch was well received along with hilarious TV re-runs of the Honeymooners. Hope everyone who goes on the Boston Harbor Cruise has a wonderful time.

As the weather gets better hope you can come down to the Center and enjoy some of the events we have coming up in July. We have the Grove Manor Ice Cream Social which is always fun time and a Visit to Sheriff's Youth Camp, and of course the very good trip to the Cape for the Lobster Roll River Cruise.

I hope everyone has a very good summer and gets a chance to visit us often at the Senior Center.

Be good and Be Safe

Dementia Care and Behavior Management

Alzheimer's Care Givers Support Group

Tuesday, July 30

5 PM

Beverly Moore, Stilme.org

Dementia Coach

We are delighted to have Beverly Moore join us. She has been a frequent presenter and a visitor in our group. She will have an informal discussion about Dementia Care and how to manage the everyday behavior associated with people inflicted with Alzheimer's disease. Please join her and come in with your questions. She always has an easy solution to a not so easy dilemma.

Light Refreshments will be provided, courtesy of Grove Manor Estates.



MONDAY	TUESDAY	WEDNESDAY
		JULY
1 9:30 Current Events 10:30 Chair Yoga 12:00 Pool Players 12:00 Poker 12:00 Qi Gong/Tai Chi 12:00 Tivia	2 Shopping Shuttle: Roche Bros 9:00 S&S Bus (housing) 9:30 Bocce(weather permitting) 9:30-Beginners Computer 10:00 Bob Cobbett-Able Bodies 10:00 No —Low Vision Group 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage	3 Shopping Shuttle:Shaw's 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 No Blood Pressure No Bingo
8 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Sing along with Jim Dirocco 2:00 Bereavement group	9 Shopping Shuttle: Shaw's 9:00 S&S Bus (housing) 9:30 Bocce 9:30- Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 11:00 Line Dancing 12:30 Bridge 12:30 Cribbage	10 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker July Trip-Lobsteroll Cruise
15 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai 12:00 Pool Players 12:00 Poker 12:00 Trivia 1:00 Geronimo 1:00 Ice Cream Social –Grove Manor	16 Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 1:30 No AARP for summer (Back in September)	17 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 Blood Pressure Clinic 1:00 Bingo 1:00 Hearing test (by appointment only) 
22 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Gernimo 2:00 Bereavement group	23 Shopping Shuttle: Roche Bros 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Bob Cobbett and Silver Sneakers 10:00 Rummikub 11:00 Line Dancing 1:00—Ask the Laweer: Free by Appt. 12:30 Bridge 12:30 Cribbage	24 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker
29 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai 12:00 Pool Players 12:00 Poker 12:00 Trivia 12:00 Monthly Luncheon	30 Shopping Shuttle: Shaw's 9:00 S&S Bus (housing) 9:30 Bocce 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 5:00 Alzheimer's Support Group	31 9:15 Cardio, Strength and Flexibility Class 10:00—1:00PMAAsian Outreach Program 長者服 12:00 Pool Players 11:30 Poker
	8	

THURSDAY

FRIDAY



4
Closed



5

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday: My Fair Lady

11

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 Photography
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit Crochet

12

Special Shopping Trip: Target and Barnes and Noble
9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday: Ray

18

Shopping Shuttle: Shaw's
9:30 Mah Jongg
10:30 [Book Club](#)
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet

19

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday: 2 Weeks Notice
12:30 Ask the Lawyer
No Board Meeting

25

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 Photography
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet
Youth Leadership Trip -(See page 14 for details)

26

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday: Going My Way

*Special activities will have an article about the event.
Please wait to call until after the first day of the month to sign up. Braintree Residents are priority
*There are fees for all exercise programs.
Call for information regarding these charges.



Summer is here! This is a reminder to stay hydrated and wear lightweight clothing in the hot weather. Also, don't forget to use sunblock! Remember the Senior Center is air conditioned if you would like to come in and cool off. Please check on neighbors who are elderly or live alone during times of extreme heat.

LIBRARY EXPRESS PROGRAM

The Library Express Program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts twelve weeks or more. It is a partnership between the Braintree Department of Elder Affairs, Thayer Public Library and Friends of Thayer Public Library. We offer a biweekly delivery of library materials with a limit of five items per visit. Our Outreach Worker picks up the materials at the library, delivers them to your home, and returns the ones from the prior visit to the library. If you or anyone you know could benefit from this service, please give us a call at 781-848-1963.

SENIOR HOUSING IN BRAINTREE

The Outreach Office gets many inquiries concerning senior housing. We have a list of "Housing in Braintree". It includes affordable senior housing such as Independence Manor and Logan Park Apartments. These offer rental subsidies for eligible seniors. There is also the Braintree Housing Authority which has two apartment complexes, one on Roosevelt Street and one on Heritage Lane. Often seniors come to us in need of immediate housing. If you are contemplating applying to senior housing in Braintree, you may want to apply sooner rather than later as there may be long waiting lists due to high demand.

We love our Volunteers

Volunteers make all the difference in our Community.



**ONE PERSON
CAN MAKE A
DIFFERENCE,
AND EVERYONE
SHOULD TRY**
-JOHN F. KENNEDY-



*Thank you
for your
Kindness*



Closed July 4th



July Fourth Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

Youth Leadership Accademy Trip

Thursday July 25, 2019

Norfolk County Sheriff Jerome P. McDermott would like to invite Braintree seniors to visit the Youth Leadership Academy located in Braintree. This academy features a ropes course that helps young people develop good decision making, Leadership skills. The seniors are invited to observe this process.

Lunch and transportation to and from the Braintree Elder Affairs Building will be provided by the Sheriff's Office.

Pick - Up /Drop off schedule:

10:45 A.M. Pick up seniors at Braintree Elder Affairs Building

11A.M.-1:00 P.M. seniors at camp for Tour and Lunch

1:30-2pm – seniors arrive back a Braintree Elder Affairs Building

Please call Braintree Department of Elder Affairs on or after July 1st to sign up

Monthly Luncheon



Date: July 29

Time: 12:00

Where: 71 Cleveland Ave

Menu: Salad, Baked Haddock, Roasted Potato

Entertainment provided by: Ronnie Cote

Cost: \$7.00

Braintree Residents get priority



Friday, July 5

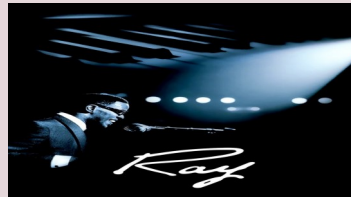
My Fair Lady



In this beloved musical, pompous phonetics professor Henry Higgins (Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn), who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond -- one that is threatened by an aristocratic suitor (Jeremy Brett).

Friday, July 12

Ray



Legendary soul musician Ray Charles is portrayed by Jamie Foxx in this Oscar-winning biopic. Young Ray watches his 7-year-old brother drown at age seven. When he loses his sight at the age of 9, his hardworking mother (Sharon Warren) urges him not to feel sorry for himself. He rises through the ranks of the Seattle jazz scene, struggling with drug addiction and infidelity while on the road. Supported by his wife (Kerry Washington), Ray Charles redefines soul music and inspires a generation.

Friday, July 19

Two weeks Notice



Dedicated environmental lawyer Lucy Kelson (Sandra Bullock) goes to work for billionaire George Wade (Hugh Grant) as part of a deal to preserve a community center. Indecisive and weak-willed George grows dependent on Lucy's guidance on everything from legal matters to clothing. Exasperated, Lucy gives notice and picks Harvard graduate June Carter (Alicia Witt) as her replacement. As Lucy's time at the firm nears an end, she grows jealous of June and has second thoughts about leaving George.

Friday, July 26

Going My Way



Father Charles O'Malley (Bing Crosby) is an easy-going, golf-playing tough neighborhood parish in midtown Manhattan is viewed with specialy the aging Father Fitzgibbon (Barry Fitzgerald). While dealing from his former life in the form of an old flame who now sings at the Metropolitan Opera (Rise Stevens), Father O'Malley inspires the youth of his parish by forming a boys choir. young priest whose entry into a skepticism from all quarters, es- with some unfinished business

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer

Lucille Barton
Tim Burke
Leland Dingee

Jane Fogg
Connie Mattina
June Newman

HAPPY JULY FOURTH



BI-CENTENNIAL TIME CAPSULE SOCIETY CELEBRATES AMERICA'S BIRTHDAY

**HONORING OUR NATION'S PAST, PRESENT AND FUTURE,
THE BRAINTREE'S BI-CENTENNIAL TIME CAPSULE SOCIETY WILL HOLD ITS
ANNUAL EVENT**

ON THURSDAY, **JULY 4TH AT **9AM** AT **TOWN HALL'S CAHILL AUDITORIUM.**
THIS IS A FREE, FAMILY-FRIENDLY, PATRIOTIC PROGRAM
AND A GREAT WAY TO KICK OFF YOUR HOLIDAY!**

The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.